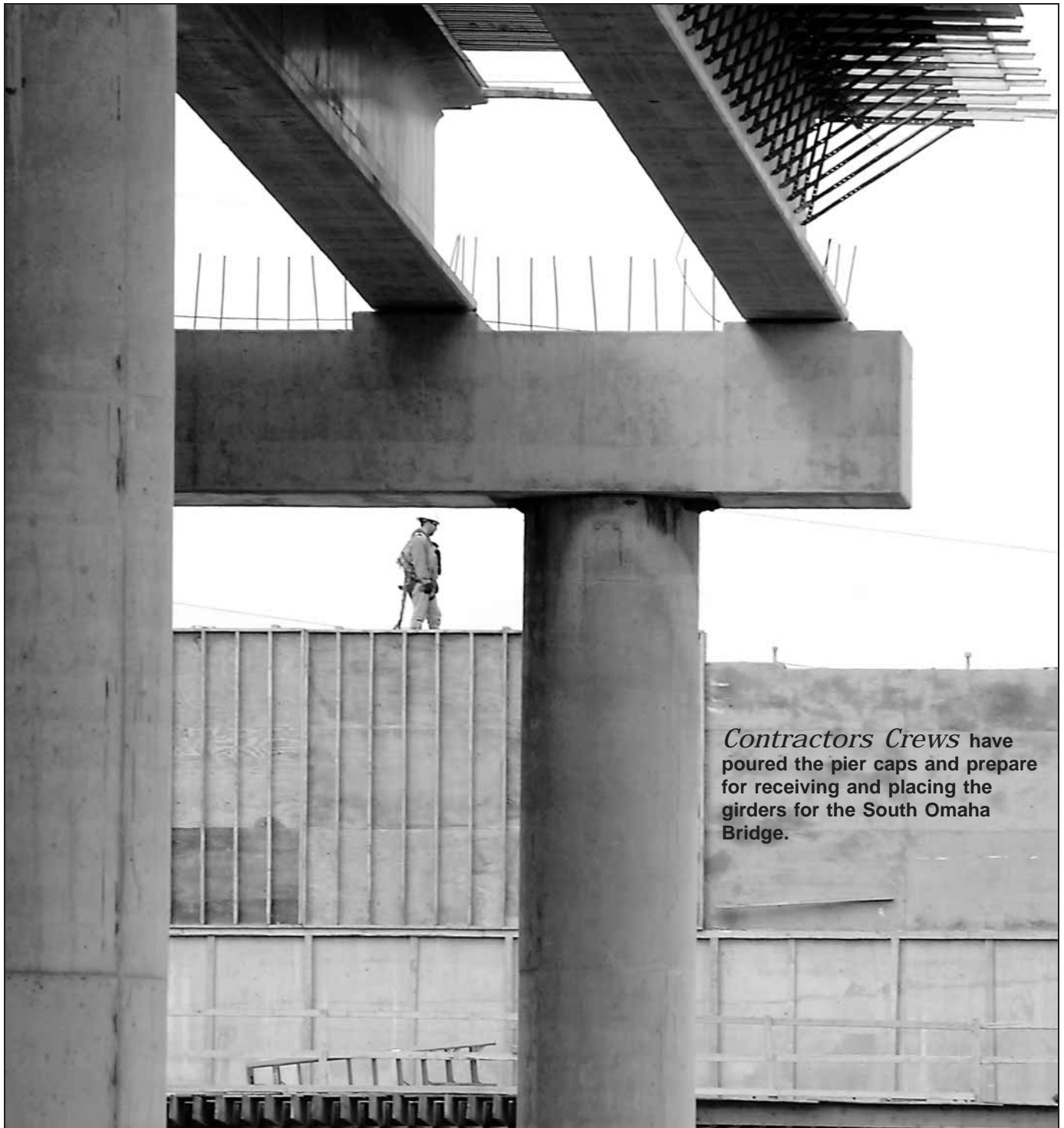


# the Roadrunner

Nebraska ♦ Department ♦ of ♦ Roads

April/May 2009



*Contractors Crews* have poured the pier caps and prepare for receiving and placing the girders for the South Omaha Bridge.

Photo by Jay Bailey

# the Roadrunner

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## Governor Dave Heineman

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Dick Reiser	Ronald Books
David Copple	Greg Wolford
Donna Wanitschke	Jerome Fagerland

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 District 2.....Timothy W. Weander  
 District 3.....Kristine Winter  
 District 4.....Wesley Wahlgren  
 District 5.....Craig Lind  
 District 6.....Gary Thayer  
 District 7 .....Kurt Vosburg  
 District 8.....Mark Kovar

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The information in this newsletter is contributed by employees, retirees and friends of NDOR.



# Golden Celebration

**Craig R. Lind**  
 District 5 Engineer



**Craig R. Lind**

On October 19, 1974, Nebraska celebrated the completion of Interstate 80 from Wyoming to Iowa with the dedication of the "Golden Link" west of Sidney. It was not until 1986 that I-80 became a transcontinental highway, upon the completion of the final segment in Utah. The "Golden Link" celebration was 39 years after Nebraska celebrated the "Golden Ribbon" cutting with the completion of the last section of US-30, the Lincoln Highway, west of North Platte.

Mr. George Koster states in his *"A Story of Highway Development in Nebraska,"* this was a "historical day and the nation had its first transcontinental paved highway." I recently checked with the Nebraska director of the Lincoln Highway Association; he would not dispute Mr. Koster's statements on the Lincoln Highway. Nebraska celebrated a "last" and a "first" with completion of the Lincoln Highway and I-80 transcontinental highway.

## East Versus West

There is some dispute over this next point in history: Western Nebraska lays claim to having the first section of the Interstate to be built — the section between Kimball and Dix. Only two lanes were constructed in 1955 and designated as US-30 until the additional two lanes were constructed in 1973. Eastern Nebraska claims that the first section of I-80 was completed in 1959, near Gretna. It's one of the few "east-versus-west" controversies over the years. The important point is that in 20 years (if you are from the west) or 17 years (if you live in the east), the Nebraska Department of Roads completed the largest road-building project in our history.

I would recommend everyone take some time to read George "Dutch" Koster's, *"A Story of Highway Development in Nebraska,"* both the 1986 and 1997 versions; A.T. Lobdell, *"Nebraska Department of Roads A History (1895-1964)"*; and *"Continuing the Story 1997-2006"* by Jack Rosecrans. These publications document the accomplishments and the history of the Roads Department. Our predecessors accomplished much with the "old tools" of the trade and under conditions that are hard to imagine.

I had the opportunity to meet many of the individuals that Koster interviewed during my early years with the department. I remember sitting around the coffee table listening to the "old timers" talk about their experiences. I can fondly remember their passion when retelling many of their experiences. I now find myself on the other side of the coffee table, with a desire to leave a small mark on the history of this organization.

Our department is steeped with great history and tradition. We need to remember those who have and currently are continuing down that pathway. Through these individuals' dedication, NDOR has become an organization that citizens of Nebraska can depend on.

I wish to thank everyone for their daily service. Your dedication and willingness to respond to emergencies is a tribute to your commitment. Your accomplishments, that may normally go unnoticed, need to be celebrated in the same way as the "Golden Celebrations" have been in the past. Service has been the mainstay of the State Roads Department since inception in 1895. "Roads" is a great place to work and an exceptional organization. ♦

**Correction** - NDOR employees who completed the bridge design for the Hershey Interchange on Link L56C over Interstate 80 included supervisor Dan Sharp and bridge designers Mark Fisher and Scott Milliken. Their names were inadvertently omitted from an article in the February/March Roadrunner.

# Copple Appointed to State Highway Commission

David Copple, of Norfolk, recently was appointed by Governor Dave Heineman to serve as third district representative on the Nebraska State Highway Commission. Copple will complete the term of John Kingsbury, who resigned from the post. The term runs through the fall of 2011.

Copple, 51, is a partner at Copple, Rockey & McKeever P.C., L.L.O. law firm in Norfolk. He has been with the firm since he founded it in 1997. In addition to his legal experience, Copple is the past president of the Northeast Community College Foundation and currently serves

on the President's Advisory Council for the University of Nebraska.

Copple graduated from the University of Nebraska-Lincoln with a degree in economics. He received his law degree from UNL College of Law. He and his wife, Shirley, have two children.

John Kingsbury, a Ponca resident and business owner, resigned after serving 12 years as a District 3 State Highway Commissioner. District 3



David Copple

includes Antelope, Boone, Burt, Cedar, Colfax, Cuming, Dakota, Dixon, Knox, Madison, Pierce, Platte, Stanton, Thurston and Wayne counties.

Among its duties, the State Highway Commission conducts hearings, investigations and studies in an effort to provide adequate and safe

highways in the state. Its eight members serve in an advisory role to the director of the Nebraska Department of Roads. ♦

# G.C. Strobel's Work Honored by AGC Chapter

Former NDOR Engineer G.C. "Jerry" Strobel was honored posthumously with the David Coolidge Memorial Award during the Nebraska Chapter Associated General Contractors' Annual Convention February 12 in Lincoln. His daughter, State Senator Deb Fischer, of Valentine, accepted the award.

The award recognizes extraordinary commitment and exceptional contribution to the State Highway System and the promotion of industry cooperation and harmony.

Curt Smith, Nebraska Chapter AGC President, made the presentation.

Strobel had been with the Department of Roads for over 40 years when he became the Department's 23rd Director-State Engineer in January 1988. He served in that capacity until July 1991.

Starting as a Junior Engineer in the Bridge Design Section in 1947, Strobel soon was promoted to Associate Engineer. He became a Registered Professional Engineer in 1949. Other positions held included Senior Engineer, Senior Engineer-Bridge



G. C. Strobel

Design, Bridge Engineer, Design Engineer, Deputy-Director and Interim Director-State Engineer.

For 11 years, Strobel freelanced as a private structural consultant on the design of buildings. He served on numerous AASHTO and National Highway Research Board Committees and

was affiliated with several professional organizations.

Strobel was a 1947 graduate of the University of Nebraska College of Engineering. He and his wife, Florence, had two sons, one daughter and seven grandchildren.

Strobel's daughter, Sen. Fischer, has continued his legacy of monitoring and shepherding the safety and service of Nebraska's highways and bridges, as a State Senator in the Unicameral and Chairman of the Transportation and Telecommunications Committee.

The award is presented annually to a person

either employed by or retired from NDOR. This person shall reflect the high standards represented by David Coolidge's years of service to the department. Coolidge, who passed away in March of 1999, was District Engineer in District 7 in McCook from 1948 to 1977 and State Engineer from 1977 until his retirement in 1983. ♦



Curt Smith, Nebraska Chapter AGC President, right, presents the David Coolidge Memorial Award to State Senator Deb Fischer, in honor of her father, G.C. Strobel.



# North Bend North Wins Environmental Award



Photo by Jay Bailey, NDOR

**Shown, l to r:** Joe Delgado, President, Nebraska AGC; Mike Collins, M.E. Contracting Company, Inc.; Micky Jacobs, District 2 Project Manager; Marv Lech, District 2 Construction Engineer; and NDOR Director John Craig.

The North Bend North project, located on Highway 79, in District 2, was the recipient of the third annual Environmental Award, given by the NDOR/AGC Joint Committee of Seeding and Erosion Control.

The award presentation occurred during ceremonies at the 2009 Project Managers' Conference held March 17-19 in Kearney. Plaques were presented to Mike Collins of M.E. Collins Contracting Company, Inc. who was the Prime Contractor and to Mike Woodward of Commercial Seeding Contractors, who was the subcontractor responsible for seeding and erosion control.

Marv Lech, District 2 Construction Engineer, and Micky Jacobs, District 2 Project Manager, also accepted plaques. Certificates were given to NDOR inspectors Clark Camin, Justin Gibney, Kevin Marshall and Steve Snelling.

According to Ron Poe, NDOR Highway Environmental Program Manager, "This award is a credit to the level of effort and emphasis that Micky and the staff of M.E. Collins Contracting have placed on environmental commitments on the North Bend North project."

The Environmental Award for Stormwater/Erosion Control is awarded annually to the project whose project manager and contractor have worked together to develop a means of protecting the project site from erosive conditions. Projects were rated on several items,

including: the use of a Stormwater Pollution Prevention Plan during construction; updated temporary Erosion Control Plan; completeness of inspection reports; maintain good housekeeping on the site; appropriate use of erosion control techniques; use of new or innovative erosion control techniques; erosion and sediment control maintenance; project phasing; site re-vegetation; and the education of staff and subcontractors on environmental issues. ♦



# Lyle Kohmetscher Named Project Manager of the Year

Lyle Kohmetscher, of Hastings, was honored by the Nebraska Chapter Associated General Contractors of America (AGC) as Nebraska Department of Roads' Project Manager of the Year. Kohmetscher received a traveling trophy and a plaque at the Project Managers' Conference in Kearney on March 18.

Kohmetscher has worked at NDOR for over 40 years and has been a project manager at the District 4 construction office in Hastings for over 10 years. He has managed numerous projects which run the gamut from grinding shoulder rumble strips to building expressways on new alignment.

Keith Meyer, District 4 Construction Engineer, noted, "Every project, big or small, is managed consistently with an eye out for potential problems and what is the right thing to do for the owner and the contractor. When problems do come up, Lyle will let you know exactly what his opinion is with a short laugh and a big smile. It is a pleasure to have Lyle manage a

project as you know things will get handled."

Meyer added, "District Four is honored by this selection and based on the testimonials of the work of Lyle Leader, could not agree more with this year's selection."

The award is presented annually by the AGC to a NDOR project manager who has upheld the standards of conducting business within the highway construction industry with the highest level of ethics and integrity. The trophy is called the Lyle Leader Memorial Award in tribute to Mr. Leader, who was a project manager at NDOR for 34 years. He was active in the District 3 Hartington office at the time of his death in August 1991 and was highly respected by his peers within the department and by the contractor members of AGC.

All contractor members submitted a nomination for this award and the nominees were voted upon by the members of the AGC. For the year 2009, Kohmetscher received the high honor. ♦



Photo by Jay Bailey, NDOR

Shown, l to r: NDOR Director John Craig; Lyle Kohmetscher, 2009 Project Manager of the Year; Curt Smith, Executive Director, Nebraska AGC; and Joe Delgado, President, Nebraska AGC.

## *End of an Era*

### Roadrunner Moves to Electronic-only Format

#### *Extra! Extra!*

**Read All About It!** The Roadrunner, NDOR's newsletter for employees, retired employees, transportation partners and friends, will soon be available only on the NDOR website. The April/May issue is the last to be distributed in paper form.

Although the Roadrunner has been available on the NDOR website for several years, the newsletter continued to be distributed via printed copies. In addition to cost savings, the move to an electronic-only format will allow more flexibility in publication scheduling, design and format. Another plus: The newsletter will be offered in full color for the first time.

The Roadrunner will be sent electronically to those with e-mail addresses in the department's database. Any corrections, new e-mail addresses or requests for removal from the list may be sent to the Communication Division at [dor.wordcntr@nebraska.gov](mailto:dor.wordcntr@nebraska.gov). The Roadrunner is also available at [www.transportation.nebraska.gov](http://www.transportation.nebraska.gov).

NDOR employees have relied on their bi-monthly newsletter for department news and feature articles since the first issue was printed in 1971, and will continue to do so with the new, improved electronic Roadrunner. Happy reading!

Project Managers and contractors gathered the first day at the annual Project Managers' Conference held in Kearney.



## Paving Awards Presented in Kearney

Several project managers, construction technicians, and material and research technicians were honored with awards for both concrete and asphalt pavements at the annual Project Managers' Conference held March 17-19 in Kearney. The awards recognized their work on Nebraska highways during 2008.

The Nebraska Department of Roads sponsors the awards for excellence in asphaltic concrete pavement construction. Awards of excellence for highway construction projects using concrete pavement are sponsored by the Nebraska Department of Roads and the Nebraska Concrete Paving Association.

### Concrete Pavement Quality Awards

The award for excellence in Interstate and Expressway concrete pavement was presented to Dewaine Knutson of District 1 in Lincoln for his part as Project Manager for *I-80, West of Mahoney to Ruff Road*. This award was presented for 4 miles of six-lane interstate. Hawkins Construction Company was the contractor. Roadway Design Division's Interstate Design Squad, led by Brian Johnson, was the designer. Certificates of Merit were presented to Construction Technicians Dan Ore, Jason Lee, Kevin Keller, Hura Ngega and Ed Burton for

their part in performing inspection activities.

Project Manager Toby Thomsen of District 6 in North Platte, received the award in the Concrete Pavement Rehabilitation category for *I-80, Darr to Overton*—a rehabilitation project of four-lane interstate completed by the prime contractor, Safety Grooving & Grinding L.P. They completed 128,000 square yards of diamond grinding and texturing from Darr to Lexington. The subcontractor, Kirk Barnes Construction, Inc. completed 1,580 cubic yards of full depth repairs and 590 cubic yards of partial depth repairs. Certificates of Merit were presented to Paul Gibbs, Eric Hageman, Chad Garcia, Sherri VanDiest, Ken Tuma, Tami Evans and David Hansen for their part in performing inspection activities. NDOR's Materials & Research Pavement Design Section was responsible for the project design.

Pavement smoothness, quality control, innovation, complexity, appearance, management and safety of the project were considered in determining these concrete pavement awards.

### Asphaltic Concrete Pavement Quality Awards

Four projects received awards for excellence in asphaltic concrete pavement. Nominated projects were judged by a panel who rated each

project based on smoothness, quality control, complexity, innovation, general appearance, contractor management and safety.

The 2008 Award of Merit for Full Depth Construction went to Project Manager Doug Lollman of the District 3 Norfolk office for *Elgin—US-20* on Nebraska Highway 14, constructed by Knife River Midwest, LLC. This 25.5-mile segment of two-lane roadway utilized a hydrated lime slurry stabilization strategy with trench widening that were covered with a 4-inch layer of new asphaltic concrete type SP4. This project included some research sections in which Warm Mix Asphalt was used. Two types of WMA additives were tried: EVOTHERM and Zeolite. Both of these allow the mix to be placed cooler than conventional asphalt by 50 degrees or more. Certificates of Merit were presented to Construction Technicians Wade Lawless, Rich Hartman, Brandon Remm and Terry Becker for their part as inspectors on the project.

The 2008 Excellence in Asphalt Pavement Construction Award of Merit for Overlays of One Lift went to Project Manager Rich Morrell of District 6 in North Platte for *Ogallala—Kingsley Dam*, constructed by Werner Construction, Inc. This 5.6-mile rural paving project on

See [Paving Awards](#) on page 7

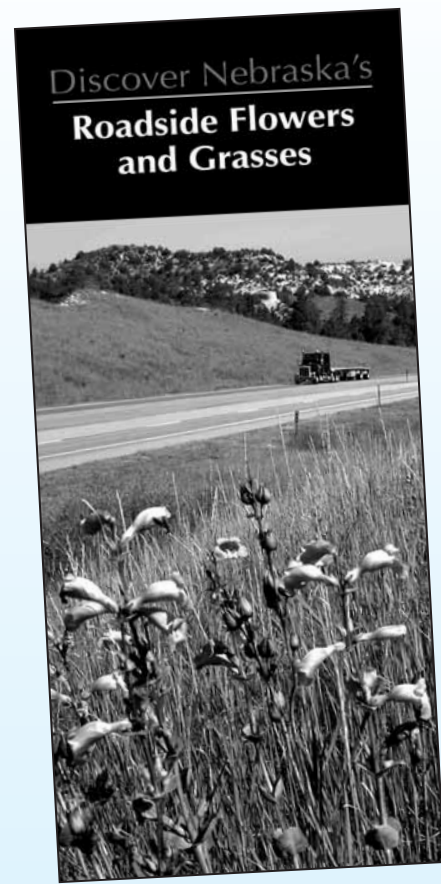


## Roadside Flowers Delight Travelers

The Nebraska Department of Roads' (NDOR's) Roadside Stabilization Unit has developed a new brochure to be distributed to the public. The "Discover Nebraska's Roadside Flowers and Grasses" brochure features color photos of flowers and grasses that are included in NDOR's seed mixtures or may be growing naturally in the state's right-of way. The reverse side shows NDOR's strategy for using native plant species that are best suited to the climatic and physical characteristics of different parts of the state. The regions shown on the map were developed by NDOR's Environmental Design and Management Unit. Graphic design was by Graphics in the Communication Division.

The goal of this brochure is to provide the public with a quick and colorful reference for the most commonly found plants on Nebraska's roadsides.

The new brochure replaces the "Wildflowers and Grasses along Nebraska Roadsides" brochure, which has served curious travelers for a number of years. Soon, the new brochure will be available for download or viewing on the NDOR website at <http://www.transportation.nebraska.gov/docs/flowers>.

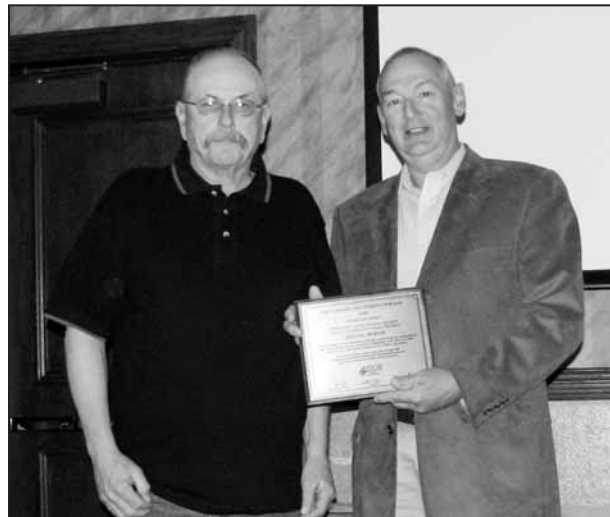


### Paving Awards *(cont'd. from page 6)*

Nebraska Highway 61 consisted of inlaying 2 inches of asphaltic concrete type SP4 Special. Certificates of Merit were presented to Doug Gertsch, Justin Willard and Allen Donahey for their part in performing inspection activities.

The 2008 Excellence in Asphalt Pavement Construction Award of Merit for Overlays of Two or More Lifts went to Project Manager Dennis White of District 6 in Broken Bow for *Gothenburg North*, constructed by Werner Construction, Inc. This 15-mile rural paving project on Nebraska Highway 47 consisted of inlaying 2.5 inches of asphaltic concrete type SP4 Special. Certificates of Merit were presented to John B. Beavers, Ken Tuma and Dave Hansen for their roles as inspectors.

*Gothenburg North* was also recognized as the smoothest project submitted for review. Dennis White of District 6 in Broken Bow received an Award of Merit for his role as Project Manager. Werner Construction, Inc. was recognized as the prime contractor and Certificates of Merit were presented to John B. Beavers, Ken Tuma and Dave Hansen for inspection activities. ♦



Dennis White, NDOR District 6 Project Manager in Broken Bow, left, received two awards for "Gothenburg North" during the Project Managers' Conference in Kearney. Claude Oie, NDOR Construction Engineer, presented him with the "2008 Excellence in Asphalt Pavement Construction Award of Merit for Overlays of Two or More Lifts" and an Award of Merit when the project was recognized as the smoothest project submitted for review.

# Trio Honored with “Top Clod” Award

The “Top Clod” Grading Award was unique this year with three recipients honored for their work on the Broken Bow South project. The three winners: Adams Construction Company & Adams Land Improvement, Inc., Arapahoe, Nebraska – subcontractor; Siel Construction, Inc., Franklin, Nebraska – 2nd tier subcontractor; and BSB Construction, Inc., Curtis, Nebraska – 2nd tier subcontractor. Others recognized included Julie Budnick, Project Manager for prime contractor Werner Construction, Inc., Hastings, Nebraska; NDOR District 6 Construction Engineer Noel Salac; and NDOR Project Manager Dennis White. Certificates of Merit were presented to Allen Donahey, John Beavers, Bill Teahon, Tami Evans and Patrick Horn.

The 11-mile project included realignment of seven county roads, with four temporary roadways used during construction. Value of the subcontracted grading work was \$4.3 million. Approximately 2.6 million cubic yards of earth were moved. Most of the grading was completed using equipment mounted Global Positioning Systems which eliminated the need for slope stakes and blue



Photo by Jay Bailey, NDOR

**Pictured, l to r:** NDOR Director John Craig; Mike Adams, Adams Construction; Norma Lashley, BSB Construction; John Siel, Siel Construction; Joe Delgado, President, Nebraska AGC.

tops. The project included wetland mitigation areas and reestablishment of a dry creek channel to comply with the 404 Permit.

Rainfall played a big part in the construction of this project. With heavy rains in 2007 and 2008, contractors would check during every rain event to see if any silt had gotten on the roadway and would send equip-

ment to clean silt fence, culverts and roadway when needed.

The “Top Clod” Grading Award is presented by the AGC/NDOR Joint Grading Committee to recognize a Grading Contractor demonstrating a high standard of accuracy and attention in the areas of cooperation, innovation, prosecution and quality of work and safety. ♦

## National Bike Month/Bike to Work Week in May

This year marks the 53rd consecutive year the League of American Bicyclists has proclaimed May as National Bike Month. During the month, state and local organizations are invited to join in sponsoring bicycle activities in order to increase awareness and acceptance of bicycling throughout the country. The League is also promoting Bike-to-Work Week from May 11-15 and Bike-to-Work Day on Friday, May 15. Employees are encouraged to ride a bike or walk to work during that week.

Bicycling is one of the most popular activities in the United States, with more than 42 million cyclists of all ages enjoying the benefits of this safe, healthy, energy-efficient and cost-effective activity. For the most enjoyable trip possible, bicyclists are encouraged to follow some practical guidelines. Additional information is available at [www.bikeleague.org](http://www.bikeleague.org). Ron Schlautman, NDOR Planning and Project Development Division, is the department’s Bicycle Coordinator.

### Ten Commandments of Bicycling

- |   |   |
|---|---|
| 1. Wear a helmet for every ride and use lights at night.  | 5. At intersections, ride in the right-most lane that goes in your direction. |
| 2. Conduct an ABC Quick Check before every ride. (“A” – air; “B” – brakes; “C” – cranks, chain and cassette; “Q” – quick releases; “Check” – check it over) | 6. Scan for traffic. Signal lane changes and turns.                           |
| 3. Obey traffic laws: ride on the right, slowest traffic farthest to right.   | 7. Be prepared for mechanical emergencies with tools and know-how.            |
| 4. Ride predictably and be visible at all times.  | 8. Control your bike by practicing bike-handling skills.                      |
|   | 9. Drink before you are thirsty and eat before you are hungry.                |
|   | 10. Have fun.   |



# Signature Award Goes to Perrett's Larry Hansen

Larry Hansen, superintendent of Perrett Construction, Ltd, Valentine, Nebraska, received the 2009 Signature Award for excellent work on Nebraska Department of Roads projects. He was honored at ceremonies during the 2009 Project Managers' Conference March 17-19 in Kearney.

Hansen was the contractor's superintendent on NDOR's Dismal River South repair project. This project was a highly unusual repair of a "hole" that developed alongside Nebraska Highway 97 near a bridge spanning the Dismal River south of Mullen. The hole was approximately 70-foot deep with a 190-foot diameter at its largest point and began to threaten the paved edge of the roadway. This created the potential for a very dangerous situation.

Approximately 20,000 cubic yards of excavation was required to fill this hole along with the installation of drainage tile system at the bottom of the hole and a closed culvert and flume system for roadway drainage. Since this hole was adjacent to the Dismal River and in the Sandhills, this made for an extremely environmentally sensitive project with difficult and dangerous soil conditions.

Rich Morrell, District 6 Project Manager in North Platte, noted on his nomination form that Hansen demonstrated great attention to detail, especially in dealing with the environmental issues on this project. An example of this was his use of simple earth dikes built at the end of the day to help control erosion if inclement weather occurred. This proved to be a highly effective strategy considering that no excessive silt was released into the Dismal River despite the high potential for this to occur.

Morrell observed that from the pre-construction conference through final payment, Hansen and his company made extraordinary efforts to keep key department personnel informed of progress and his intent while this project progressed.

"Larry used a proactive approach to finding and solving problems as they arose on the project. He insisted on maintaining the highest standards throughout the duration of the project and held in high regard the safety of the traveling public and the work environment."

Noel Salac, District 6 Construction Engineer, commended Hansen for consistently demonstrating a successful mindset, adding the District looked forward to working with him and Perrett Construction again. "Larry's positive attitude is a direct reflection on the company's overall expectations and pride of a job well done. Their proactive and positive



Photo by Jay Bailey, NDOR

*Pictured, l to r: Joe Delgado, President, Nebraska AGC; Larry Hansen, Perrett Construction, Ltd., recipient of the 2009 Signature Award; NDOR Director John Craig; and Noel Salac, District 6 Construction Engineer.*

approach to the task at hand produces a quality and lasting finished product for our customers, the traveling public."

The Signature Award is given by NDOR District Construction Engineers to individuals in the contracting industry possessing certain characteristics, including excellence in leadership, good communication, problem solving, organization, attitude, safety, and achieving above and beyond standard management practices. In addition to receiving a trophy, plaque and having their names added to a permanent plaque at the NDOR Central Headquarters, a \$500 scholarship is given in the recipient's name to a University of Nebraska student majoring in construction engineering or construction management. ♦

## Recommended Reading

*Another good book  
recommended by Director John Craig*



*"Our Endangered Values (America's Moral Crisis)"  
by Jimmy Carter, 2005, 212 pages.*

Our former president expresses many of the values and experiences that shaped his personal and political life. Covering a wide range of moral philosophical subjects, he provides insights that perhaps only an ex-president could bring, to include the risks in blurring the separation of politics and religion at both the national and international levels. A good read.

# Contractors Give NDOR Favorable Ratings in Latest Survey

**By Jane Sutherland**  
Measurement Coordinator

The working relationship between Nebraska Department of Roads (NDOR) and contractors is an essential aspect in working to satisfy the mission of NDOR. The contractor survey is conducted to gather information on how well NDOR is meeting contractors' needs and expectations and to measure how satisfied contractors are with various aspects of the work. Through measuring contractor satisfaction, collected over time, NDOR can determine areas in need of improvement and track the effect of efforts to improve and maintain

vital working relationships with contractors. Past surveys were conducted in 1999 and 2005, with the current survey conducted in December of 2008.

The survey closed with 50 respondents (31 prime contractors and 16 subcontractors) out of a sample of 255 contractors who had worked with NDOR between January 2006 and October 2008. This resulted in a response rate of 20%, and a margin of error of  $\pm 12.5\%$  at the 95% confidence level.

When asked if NDOR meets contractors' needs and expectations, a respectable 83% gave a positive response, compared to 96% in 1999,

and 92% in 2005. Pre-construction activities fared quite well, with positive responses ranging from 98% for notifications and announcements to 90% for bid lettings. Eighty-two percent of respondents were satisfied with the accuracy of NDOR state project plans and 90% agree that NDOR plans are clear as to the extent and scope of work.

Twenty-one respondents have been involved in a total of 45 partnering projects over the past year. Seventy-five percent of these respondents rated the effectiveness of partnering with NDOR positive, compared to 93% in 2005.

Survey respondents were asked to rate areas of NDOR on three characteristics as either excellent, very good, good, poor, or very poor by selecting the choice that best represents their experience. These characteristics are: *working relationship*; *availability* of NDOR personnel to assist with questions or concerns based upon their personal experience; and *responsiveness* (not the response or answer) to questions and concerns.

The percent of positive (excellent, very good, and good) responses for each characteristic and area are presented in the accompanying table. The average of positive scores has been calculated resulting in a general customer satisfaction score for each area. Each characteristic also has an overall average for NDOR.

- General Customer Satisfaction
  - NDOR's general customer satisfaction score for all areas is 89%.
  - The District 4 Project Inspectors lead the way for areas, with an outstanding 99% positive general customer satisfaction score, followed by excellent positive scores of 95% for the Lincoln Construction Division, District 4 Project Managers, and District 1 Office.

See [Ratings](#) on next page

Average Positive Scores of Characteristics for Areas of NDOR

Area	Working Relationship	Responsiveness	Availability	Customer Satisfaction (Area Avg.)
Director	95%	91%	96%	94%
Dep. Director-Engineering	96%	91%	86%	91%
Dep. Director-Operations	95%	90%	95%	93%
Construction Div.	92%	94%	100%	95%
Mtrls. & Research Div.	91%	85%	94%	90%
<b>District 1</b> Office	95%	89%	100%	95%
Proj. Managers	83%	86%	91%	87%
Proj. Inspectors	91%	91%	100%	94%
<b>District 2</b> Office	83%	82%	91%	85%
Proj. Managers	71%	79%	96%	82%
Proj. Inspectors	79%	79%	86%	82%
<b>District 3</b> Office	83%	89%	95%	89%
Proj. Managers	87%	89%	95%	90%
Proj. Inspectors	88%	94%	100%	94%
<b>District 4</b> Office	100%	89%	92%	94%
Proj. Managers	93%	96%	96%	95%
Proj. Inspectors	100%	96%	100%	99%
<b>District 5</b> Office	95%	94%	94%	94%
Proj. Managers	82%	94%	94%	90%
Proj. Inspectors	88%	88%	94%	90%
<b>District 6</b> Office	83%	91%	96%	90%
Proj. Managers	73%	74%	91%	79%
Proj. Inspectors	77%	78%	91%	82%
<b>District 7</b> Office	80%	80%	94%	85%
Proj. Managers	68%	73%	87%	76%
Proj. Inspectors	68%	87%	100%	85%
<b>District 8</b> Office	88%	83%	91%	87%
Proj. Managers	88%	87%	91%	88%
Proj. Inspectors	88%	96%	90%	91%
<b>Average Positive Score</b>	<b>86%</b>	<b>87%</b>	<b>94%</b>	<b>89%</b>

# D-6 Project Receives Teamwork in Traffic Control Award

A NDOR District 6 project, I-80 Hershey-Sutherland, received the Teamwork in Traffic Control Award, given by the AGC/NDOR Traffic Control Committee at the 2009 Project Managers' Conference held March 17-19 in Kearney.

Plaques were presented to Safety Grooving & Grinding, L.P., Napoleon, Ohio, prime contractor for the project, and to Toby Thomsen, NDOR Project Manager at District 6 in North Platte. Subcontractors receiving recognition were Cement Products, Inc., North Platte, Nebraska; Missouri Pavement Maintenance, Inc., Independence,

Missouri; Trafcon, Inc., Lincoln, Nebraska. A.M. Cohron & Son, Inc., Atlantic, Iowa, was adjacent project contractor.

The project was unusual due to the fact that the traffic control had to be coordinated on a daily basis with an adjacent interstate overpass project. Every contractor on this project stayed in contact daily with the bridge superintendent from A.M. Cohron & Son, Inc. to avoid any conflicts with lane closures. In many situations the contractors adjusted their work operations to have one lane closure that both

projects could utilize. This cooperation and coordination showed true teamwork.

The award is "in recognition of excellence—through demonstrated cooperation and communication between all parties involved—in installing, coordinating and maintaining effective traffic control. The traffic control utilized and maintained on this project reflects the goals of both the Department of Roads and the Nebraska AGC—a work zone maintained in a safe condition for both workers and motorists alike." ♦



Photo by Jay Bailey, NDOR

*Pictured, l to r: NDOR Director John Craig; Jack Albrecht, Cement Products, Inc.; Doug Kinen, A.M. Cohron & Son, Inc., Joe Delgado, President, Nebraska AGC; Randy Morse, Trafcon, Inc.; and Toby Thomsen, NDOR Project Manager-District 6.*

## Ratings *(cont'd. from page 10)*

### ■ Working Relationship

- NDOR's overall average positive score for working relationships is 86%.
- By area, the highest positive working relationship scores were seen in District 4 Office and District 4 Project Inspectors, each with 100%. Other high scores include the Deputy Director for Engineering with 96%, and 95% positive scores each for the Director, District 1 Office, Deputy

Director for Operations, and District 5 Office.

### ■ Responsiveness

- NDOR overall average responsiveness score is 87%.
- High positive scores of 96% were achieved by District 4 Project Managers, District 4 Project Inspectors, and District 8 Project Inspectors.
- Other high responsiveness scores include Lincoln Construction Division, District 3 Project Inspectors, District 5 Office, and

District 5 Project Managers, each with 94% positive.

### ■ Availability

- NDOR has an excellent overall average availability score of 94% positive.
- Six areas of NDOR received 100% positive scores in the availability characteristic, including Lincoln Construction Division, District 1 Office, District 1 Project Inspectors, District 3 Project Inspectors, District 4 Project Inspectors, and District 7 Project Inspectors. ♦



# Fremont Students' Design Capacities Surpass Last Year's

**By Micky Jacobs**  
District 2 Project Manager

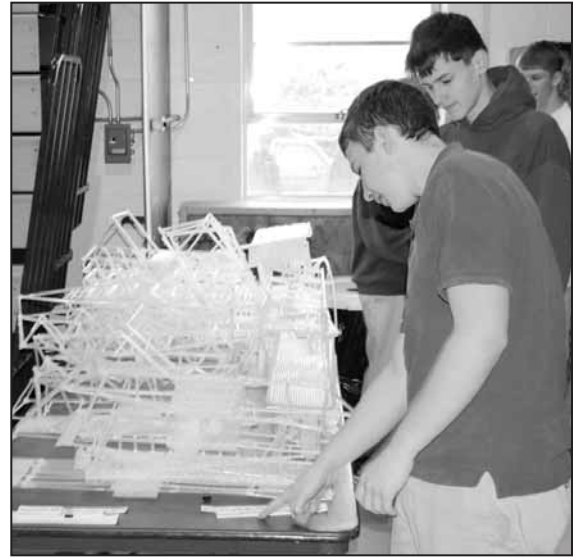
On February 16, the testing portion of the 2009 Bridge Building Contest at Fremont's Archbishop Bergan Middle/High Schools took place. Nearly 100 bridges were tested in three categories: toothpick, straw and spaghetti. Interest was heightened due to the fact that Schemmer, an Omaha engineering firm, announced they would contribute cash awards to the winners of each category. Winners will be announced at Honors Night in early May.

The first category tested was the toothpick bridge. These bridges could only be made using flat toothpicks and white school glue. The winning entry from the 6th grade class in the toothpick bridge category held 44.3 pounds, recording an efficiency of 534.3 times its weight, and the 7th grade winner held 151.0 pounds, with an efficiency of 894.1. Overall, the proficiencies of both classes increased over last year, with the 6th graders' average efficiency of 298.8 percent, up over 100 percent, and the 7th graders' average efficiency of 161.5 percent,

up nearly 60 percent over last year.

The straw bridges, constructed out of drinking straws and hot melt glue, were built by 9th graders. This category showed the most improvement over last year. The winning bridge held 199.6 times its weight, nearly 160 percent more efficient than last year's winner, while the whole class saw an improvement around 65 percent, going from 14.7 percent efficient last year to 82.2 percent efficient this year. The class average in weight held also jumped from 2.9 pounds in 2008 to 21.9 pounds this year.

The high school physics class built the spaghetti bridges, comprised of only spaghetti and hot melt glue. These too showed improvement over last year, with the winning bridge holding 78.2 pounds, and an efficiency of 50.6 percent, up from 34.1 pounds and 22.6 percent efficiency from last year. The class average was up from 18.7 pounds in 2008 to 28.8 pounds



held this year, while efficiencies jumped from 14.7 percent in 2008 to 45.2 percent this year.

Darin Brown (Schemmer) and Mike Larsen (NDOR, Fremont) assisted with the contest. Thanks again this year to NDOR's Communication Division for the help provided. Thanks also to District 2 Construction Engineer Marv Lech and District 2 Assistant Construction Engineer Tom Goodbarn for their support of this event.

This was the second year for the bridge contest and a great opportunity for both the adults and the kids involved. NDOR is happy to get young children interested and excited about engineering and design challenges. Plans are already under-way for next year's competition. ♦

**Top** - Ninth-grade students at Fremont's Archbishop Bergan Middle/High Schools look over straw bridge entries for this year's bridge-building contest, co-sponsored by NDOR and Schemmer.

**Left - (l to r)** Micky Jacobs, NDOR District 2 Project Manager, and Darin Brown, P.E. (Professional Engineer), Schemmer, test the efficiency of 6th-grader Tyler Thomsen's toothpick bridge.



*Photos by Chris Kabe, Fremont Archbishop Bergan Middle/High Schools*



## Bill Drake - Auto Diesel Mechanic, District 7

**I**n March of 2008, Bill was diagnosed with Type I Diabetes and had elevated cholesterol levels.

"My physician informed me that having diabetes and high cholesterol was like already having a heart attack. That was quite an eye opener for me."

Bill made several major life changes. He began a program of diet and exercise, and started taking medications for diabetes and cholesterol. His daily regimen included walking, checking his blood sugars and counting carbohydrates. Bill also attended diabetic education nutrition classes with his wife, and with her help, modified his diet.

Bill started to eat smaller portions more often. He drank less soda and increased his water intake. He learned to tolerate sugar substitutes, and in less than a year, his adjustments resulted in significant weight loss and improved health.

*Bill's advice ...* "Since this problem was discovered at my first physical exam in over three years, I would advise having regular exams—more often after the age of 55, watch your diet and increase your daily exercise. It will change your life!"



# NDOR Highway Improvement Projects Currently Under Contract

Information from Trans•port SiteManager as of March 20, 2009

**Location**  
**Work Description**  
**Prime Contractor**  
**Project Manager**  
**Contract Bid Amount**

## Key:

Aggregate - Agg  
Bituminous - Bit  
Bridge - Br  
Building - Bldg  
Concrete Pavement - ConPav  
Culverts - Culv  
Electrical - Elec  
Grading - Gr  
Guardrail - Gdrl  
Landscaping - LS  
Mechanically Stabilized Earth- MSE  
Seeding - Seed  
Specialty - Spec

## District 1

Ulysses Northeast  
Br  
Christensen Bros., Inc.  
Cowles, Scott (402)443-4661  
\$417,560.65

Ulysses Northwest  
Br  
Christensen Bros., Inc.  
Cowles, Scott (402)443-4661  
\$517,641.10

Johnson Southeast  
Br  
L.J. Webb Contractor, Inc.  
Walton, Jade (402)421-1717  
\$652,702.76

Fillmore/Saline Co. Line East  
Bit  
Constructors, Inc.  
Endorf, Dennis (402)729-3489  
\$2,118,191.35

Beatrice - Princeton  
Spec  
Safety Grooving & Grinding, L.P.  
Vandegrift, Allen (402)729-3489  
\$1,601,778.05

Blue River Bridge South of Fairbury  
Br, Gdrl  
The Diamond Engineering Co.  
Vandegrift, Allen (402)729-3489  
\$485,666.81

Weeping Water North & South  
Gr, ConPav, Culv, Seed,  
Br, Gdrl, Elec  
Constructors, Inc.  
Hitzeman, Don (402)335-4131  
\$10,894,723.90

Weeping Water Spur  
Bit  
U.S. Asphalt Co.  
Hitzeman, Don (402)335-4131  
\$423,415.26

Nemaha South  
Bit  
Constructors, Inc.  
Hitzeman, Don (402)335-4131  
\$1,308,999.92

N-63 Interchange  
Gr, MSE, ConPav, Culv, Seed,  
Br, Gdrl, Fence, Elec, Sign  
Hawkins Construction Co.  
Sidiqi, Abdul (402)471-0850  
\$9,165,909.38

Wahoo - Fremont  
Gr, Culv, Seed, Bit  
U.S. Asphalt Co.  
Sidiqi, Abdul (402)471-0850  
\$4,358,053.17

Fremont South  
Bit  
U.S. Asphalt Co.  
Sidiqi, Abdul (402)471-0850  
\$1,721,187.65

Platte River Bridges  
Gr, MSE Wall, ConPav, Culv,  
Seed, Br, Gdrl, Fence, Sign, Elec  
Hawkins Construction Co.  
Knutson, Dewaine (402)471-0850  
\$45,189,781.90

Mainline EB Bridge  
Waverly Interchange  
Gr, ConPav, Culv, Seed,  
Br, Gdrl, Elec, Sign  
Hawkins Construction Co.  
Knutson, Dewaine (402)471-0850  
\$6,135,087.75

US-77 - 9th St., Lincoln  
Gr, ConPav, Seed, Br, Gdrl  
TCW Construction, Inc.  
Knutson, Dewaine (402)471-0850  
\$1,516,528.70

Liberty Spur Bridge  
Br  
Wilke Contracting Corp.  
Cary, Bill (402)335-4131  
\$104,007.88

Tecumseh East  
Bit  
Constructors, Inc.  
Cary, Bill (402)335-4131  
\$3,360,615.16

Unadilla East & West  
Spec  
Iowa Erosion Control, Inc.  
Habegger, Michael (402)335-4131  
\$888,590.93

I-180 - 56th St., Lincoln  
Gr, ConPav, Culv, Seed, Br,  
Gdrl, Fence, Elec, Sign  
Dobson Bros. Const. Co. &  
United Contractors Inc. (JV)  
Sanburn, Bob (402)471-0850  
\$48,766,667.84

Greenwood - Mahoney  
Gr, ConPav, Culv, Seed, Br,  
Gdrl, Fence, Elec, Sign  
Hawkins Construction Co.  
England, Jim (402)471-0850  
\$35,868,389.45

Lincoln East  
Spec  
Martin Resource Mgmt. Corp.  
Preble, Rodger (402)471-0850  
\$344,271.26

262nd St. Bridge  
Gr, MSE, Culv, Seed, Br, Gdrl, Bit  
Hawkins Construction Co.  
Preble, Rodger (402)471-0850  
\$2,567,442.87

202nd St. Bridge  
Gr, MSE, Culv, Br, Gdrl, Fence  
Hawkins Construction Co.  
Preble, Rodger (402)471-0850  
\$2,329,976.25

148th St. Bridge, Lincoln  
Gr, MSE, Culv, Seed, Br, Gdrl, Bit  
Commercial Construction, Inc.  
Traudt, Bob (402)471-0850  
\$2,875,439.22

162nd St. Bridge, Lincoln  
Gr, MSE, Culv, Br, Gdrl  
Commercial Construction, Inc.  
Traudt, Bob (402)471-0850  
\$2,231,520.32

Greenwood Maintenance Facility  
Maintenance Facility  
Cheever Const. Co.  
Murillo, Ernest (402)471-0850  
\$1,455,900.00

Lincoln West  
Gr, ConPav, Culv, Seed,  
Br, Gdrl, Elec  
Dobson Bros. Construction Co.  
& Affiliates  
Hobelman, Ryan (402)471-0850  
\$12,430,182.09

Morse Bluff South Bridge  
Gr, Seed, Br, Gdrl, Bit  
A.M. Cohron & Son, Inc.  
Hobelman, Ryan (402)471-0850  
\$892,971.81

Roca North  
Spec  
Missouri Pvm. Maintenance, Inc.  
Hobelman, Ryan (402)471-0850  
\$24,779.00

I-80, Goehner Truck Parking  
Gr, ConPav, Culv, Seed, Fence, Elec  
Constructors, Inc.  
Hobelman, Ryan (402)471-0850  
\$605,573.94

Raymond South  
Gr, Culv, Seed, Br, Gdrl, Elec, Bit  
Dobson Bros. Construction Co.  
& Affiliates  
Kuehn, Joseph (402)471-0850  
\$4,816,393.42

I-80 - Cornhusker Hwy., Lincoln  
Spec  
Interstate Improvement, Inc.  
Volz, Jason (308)345-8490  
\$1,211,367.10

## District 2

Bennington Southwest  
Gr, Br, Gdrl, Bit  
Christensen Bros., Inc.  
Ruff, Ryan (402)444-6014  
\$578,833.62

Fremont East Bypass  
Gr, ConPav, Culv, Seed, Br,  
Gdrl, Fence, Elec, Sign  
Werner Construction, Inc.  
Veverka, Frank (402)727-3292  
\$26,555,563.32

In Fremont  
Bit  
Western Engineering Co., Inc.  
Veverka, Frank (402)727-3292  
\$392,553.25

Harney St. - 24th St. (EB), Omaha  
Gr, MSE, ConPav, Culv, Br,  
Gdrl, Fence, Elec, Sign  
Hawkins Construction Co.  
Baehr, Dennis (402)595-2534  
\$14,628,136.26

20th - 16th St. Viaduct, Omaha  
Br  
MCC, Llc  
Baehr, Dennis (402)595-2534  
\$199,968.42

Hamilton St. Viaduct, Omaha  
Br  
Cramer & Associates, Inc.  
Baehr, Dennis (402)595-2534  
\$57,178.82

108th St. - 120th St., Omaha  
LS  
Lanoha Nurseries, Inc.  
Farivari, Mo (402)595-2534  
\$468,974.00

US-275 East  
Spec  
M.E. Collins Contracting Co., Inc.  
Farivari, Mo (402)595-2534  
\$905,749.20

I-80 - Dewey St., Omaha  
Bit  
U.S. Asphalt Co.  
Khalaf, Zahi (402)595-2534  
\$4,621,002.26

Fort St. South, Omaha  
Bit  
U.S. Asphalt Co.  
Khalaf, Zahi (402)595-2534  
\$2,716,030.66

N-50 to Bellevue  
Spec  
Chester Bross Construction Co./  
C.B. Equipment, Inc.  
Khalaf, Zahi (402)595-2534  
\$1,271,372.66

N-50/Bufalo Rd.  
Elec  
Dominion Construction Co.  
Khalaf, Zahi (402)595-2534  
\$11,829.81

Near Papillion  
Elec  
Dominion Construction Co.  
Khalaf, Zahi (402)595-2534  
\$38,478.22

L St. Viaduct near 36th St.  
Br  
Chas. Vrana & Son Constr. Co.  
Weander, Marty (402)595-2534  
\$958,486.58

Plattsmouth - Omaha  
Spec  
Safety Grooving & Grinding, L.P.  
Weander, Marty (402)595-2534  
\$1,090,538.22

Riverview Bridge, Omaha  
Gr, ConPav, Br  
Hawkins Construction Co.  
Fisher, Rick (402)595-2534  
\$1,588,542.33

Plattsmouth North Viaducts  
Brs  
Hawkins Construction Co.  
Fox, Mike (402)595-2534  
\$3,083,812.28

Hooper East & West  
Gr, ConPav, Culv, Seed,  
Br, Gdrl, Elec, Sign  
Werner Construction, Inc.  
Jacobs, Micky (402)727-3292  
\$22,401,622.91



North Bend North  
Gr, ConPav, Culv, Elec  
M.E. Collins Contracting Co., Inc.  
Jacobs, Micky (402)727-3292  
\$2,434,060.84

North Bend - Snyder  
Seed, Gdrl, Bit  
U.S. Asphalt Co.  
Jacobs, Micky (402)727-3292  
\$6,114,907.24

Ft. Calhoun Southwest - 2 Sites  
Gr  
M.E. Collins Contracting Co., Inc.  
Koloen, Jerry (402)595-2534  
\$62,504.60

CNW/N-36 Viaduct, Omaha  
Br, Gdrl  
MCC, Llc  
Kuehner, Chris (402)595-2534  
\$467,707.07

N-36 North  
Bit  
Western Engineering Co., Inc.  
Kuehner, Chris (402)595-2534  
\$1,086,110.06

Melia Hill Maintenance Facility  
Maintenance Facility  
Upland Construction Co.  
Kuehner, Chris (402)595-2534  
\$2,450,000.00

So. Omaha Bridge, Main Br. Truss  
Br  
Jensen Construction Co.  
Zelensky, Rich (402)595-2534  
\$37,574,397.00

So. Omaha Br., Iowa Br. Approach  
Br, Elec  
Commercial Construction, Inc.  
Zelensky, Rich (402)595-2534  
\$13,204,975.78

So. Omaha Br., Iowa Grading  
Gr, Culv, Seed, Fence, Elec, Bit  
K & L Landscape & Constr., Inc.  
Tsvid, Aleksandra (402)595-2534  
\$3,499,546.34

So. Omaha Br., Iowa Hwy. Paving  
Gr, ConPav, Culv, Seed, Gdrl, Elec  
MFT Construction Inc.  
Tsvid, Aleksandra (402)595-2534  
\$2,629,468.91

So. Omaha Br., Nebr.-13th & Mo. Ave.  
Gr, ConPav, Culv, Seed, LS, Elec  
Hawkins Construction Co.  
Hinchey, Maurice (402)595-2534  
\$5,262,446.49

So. Omaha Br., Nebr. Br. Approach  
Gr, Br, Gdrl, Elec  
Hawkins Construction Co.  
Hinchey, Maurice (402)595-2534  
\$12,773,897.12

## District 3

Willow Creek Recreation Rd.  
Gr, Culv, Seed, Bit  
Western Engineering Co., Inc.  
Vanroekel, Kirk (402)483-5466  
\$6,606,703.68

Tekamah East  
Gr, Br, Gdrl, Bit  
Herbst Construction, Inc.  
Cowles, Scott (402)443-4661  
\$686,848.11

Waterbury Southwest  
Gr, Br, Gdrl  
Dixon Construction Co.  
Mead, Terry (402)371-6416  
\$476,373.40

Belden South  
Seed, Elec, Bit  
Werner Construction, Inc.  
Francis, Jeff (402)375-7071  
\$1,270,833.28

Emerson - North of Wakefield  
Bit  
Werner Construction, Inc.  
Francis, Jeff (402)375-7071  
\$2,045,838.44

In Wayne  
Spec  
Sealcoat Services, Inc.  
dba SCS Construction Co.  
Francis, Jeff (402)375-7071  
\$91,082.48

Monowi - Verdel  
Gr, Culv, Seed, Gdrl, Bit  
Werner Construction, Inc.  
Becker, Roger (402)254-6552  
\$2,257,733.09

In South Sioux City  
Spec  
Ten Point Construction Co., Inc.  
Becker, Roger (402)254-6552  
\$665,920.18

South Sioux City West  
Spec  
Ten Point Construction Co., Inc.  
Becker, Roger (402)254-6552  
\$103,021.10

Humphrey North & South  
Bit  
Paulsen, Inc.  
Anderson, David (402)564-5751  
\$1,898,877.52

Columbus Viaduct  
Gr, MSE, ConPav, Culv, Br, Elec  
Cramer & Associates, Inc.  
Anderson, David (402)564-5751  
\$12,941,875.76

Lindsay South  
Bit  
Paulsen, Inc.  
Trosper, Steven (402)564-5751  
\$4,232,071.59

Yankton Bridge  
Gr, ConPav, Culv, Seed,  
Br, Fence, Gdrl, Elec, Sign  
Jensen Construction Co.  
Wiebelhaus, Bob (402)254-6552  
\$23,903,498.78

Norfolk - N-32 (2 Segments)  
Spec  
M.E. Collins Contracting Co., Inc.  
Samuelson, Matthew (402)370-3470  
\$379,967.91

Norfolk West  
Gr, ConPav, Culv, Seed,  
Br, Gdrl, Elec  
Werner Construction, Inc.  
Schulz, Ron (402)370-3474  
\$20,299,017.48

Neligh - N-121  
Gr, Seed, Gdrl, Bit  
Werner Construction, Inc.  
Lollman, Doug (402)370-3474  
\$6,624,518.65

Elgin - US-20  
Gr, Seed, Gdrl, Bit  
Knife River Midwest, LLC  
Lollman, Doug (402)370-3474  
\$6,365,861.91

Wisner - West Point  
Spec  
Missouri Pvmnt. Maintenance, Inc.  
Lollman, Doug (402)370-3474  
\$141,000.00

Jct. US-81/N-32, Madison  
Spec  
A & R Construction Co.  
Lollman, Doug (402)370-3474  
\$52,443.49

Randolph West  
Spec  
Knish Corporation  
Whitten, Bill (402)370-3474  
\$361,166.65

## District 4

Milligan Northwest  
Gr, Culv, Gdrl  
L.J. Webb Contractor, Inc.  
Vanroekel, Kirk (402)483-5466  
\$278,453.18

Oak Northwest  
Gr, Br, Gdrl  
L.J. Webb Contractor, Inc.  
Walton, Jade (402)421-1717  
\$977,145.82

Kearney West  
Bit  
Werner Construction, Inc.  
Kohmetscher, Lyle (402)462-1996  
\$5,086,203.99

7th St. - 9th St., In Hastings  
Gr, ConPav, Culv, Elec  
Werner Construction Co.  
Kohmetscher, Lyle (402)462-1996  
\$709,347.54

In Sutton  
Elec  
Mid-Plains Power, Inc.  
Kohmetscher, Lyle (402)462-1996  
\$94,533.42

Hastings - Hall Co. Line  
Spec  
Sealcoat Services, Inc.  
dba SCS Construction Co.  
Kohmetscher, Lyle (402)462-1996  
\$114,885.75

Platte River - Phillips  
Gr, Seed, Gdrl, Bit  
Vontz Paving, Inc.  
Farber, Tom (308)865-5434  
\$5,397,938.95

Odessa - Kearney (WB)  
Gr, ConPav, Culv, Seed,  
Gdrl, Fence Elec  
Knife River Midwest, LLC  
Farber, Tom (308)865-5434  
\$11,320,248.97

Cairo - Boelus  
Gr, Culv, Seed, Gdrl, Elec, Bit  
Werner Construction, Inc.  
Kwiatkowski, Rick (308)754-5411  
\$4,186,132.20

BNSF Viaduct, York  
Gr, ConPav, Culv, Br, Elec  
Constructors, Inc.  
Grooms, Jerry (402)362-5934  
\$1,261,361.00

NE/KS Line North  
Spec  
Interstate Improvement, Inc.  
Grooms, Jerry (402)362-5934  
\$1,699,261.98

Fairmont North  
Spec  
Sealcoat Services, Inc.  
dba SCS Construction Co.  
Grooms, Jerry (402)362-5934  
\$197,725.41

East Jct. N-92 North  
Bit  
Knife River Midwest, LLC  
Anderson, Tom (402)362-5934  
\$3,442,781.50

Gresham - Shelby  
Gr, Br, Gdrl, Bit  
U.S. Asphalt Co.  
Anderson, Tom (402)362-5934  
\$3,803,098.45

Waco East Bridge  
Br  
Cramer & Associates, Inc.  
Anderson, Tom (402)362-5934  
\$237,675.00

Grand Island - Phillips  
Bit  
Vontz Paving, Inc.  
Nordhues, Bob (308)385-6265  
\$882,423.15

Aurora - Central City  
Gr, Culv, Seed, Gdrl, Elec, Bit  
Werner Construction, Inc.  
Weber, Kirk (308)385-6888  
\$8,584,360.49

Ord - Burwell  
Gr, Culv, Seed, Elec, Bit  
Werner Construction, Inc.  
Woodgate, Gerald (308)385-6888  
\$8,121,354.49

Grant St. - Greenwich St., Grand Island  
Gr, ConPav, Culv, Elec  
Paulsen, Inc.  
Gripenstroh, Scott (308)385-6888  
\$4,495,070.38

Dist. 4 - Districtwide  
Spec  
Garcia-Chicoine Enterprises, Inc.  
Schmidt, Larry (308)385-6888  
\$184,274.00

Platte River Br. South of Kearney  
Br  
Herbst Construction, Inc.  
Schmidt, Larry (308)385-6888  
\$299,177.00

Kearney/Adams Co. Line East  
Gr, Seed, Br, Gdrl, Elec, Bit  
Vontz Paving, Inc.  
Meyer, Steve (402)462-1996  
\$4,004,587.38

In Hastings  
Elec  
Mid-Plains Power, Inc.  
Meyer, Steve (402)462-1996  
\$183,611.60

Superior North & South  
Bit  
Werner Construction, Inc.  
Meyer, Steve (402)462-1996  
\$1,354,909.39

Kearney East Bridges  
Gr, Br, Gdrl  
Wilke Contracting Corp.  
Sell, Tim (308)995-5397  
\$706,935.17

## District 5

Alliance North (South Half)  
Gr, Culv, Seed, Bit  
Werner Construction Co.  
Frickey, Russ (308)262-1929  
\$3,123,145.03

Alliance North (North Half)  
Gr, Culv, Seed, Bit  
Werner Construction Co.  
Carnahan, Brian (308)432-6144  
\$3,382,327.18

Gering Maintenance Facility  
Maintenance Facility  
Heggen Construction, Inc.  
Rhamy, Wayne (308)436-6587  
\$4,294,341.46

District 5 - Districtwide  
Spec  
Paul Reed Constr. & Supply, Inc.  
Rhamy, Wayne (308)436-6587  
\$225,344.46

Sidney EB & WB Rest Area Rehab.  
Rest Area Rehab.  
Simon Contractors & Subsidiaries  
Rhamy, Wayne (308)436-6587  
\$683,800.00

Bushnell - Kimball  
Bit  
Paulsen, Inc.  
Rhamy, Wayne (308)436-6587  
\$1,792,433.98

I-80 to North of Kimball  
Gr, MSE, Culv, Seed, Br  
Commercial Construction, Inc.  
Johnson, James (308)436-6587  
\$12,243,690.00

East Kimball - Potter (EB)  
Bit  
Werner Construction Co.  
Jacobs, Maryanne (308)436-6587  
\$2,974,263.00

Automated Gate Closure Proj. - Rural  
Elec  
Mid-Plains Power Inc.  
Thomsen, Toby (308)535-8033  
\$184,787.45

## District 6

Hershey Interchange  
Gr, ConPav, Culv, Br, Gdrl, Elec  
Paulsen, Inc.  
Morrell, Richard (308)535-8033  
\$3,579,660.12

Ogallala West  
Gr, Seed, Elec, Bit  
Paulsen, Inc.  
Morrell, Richard (308)535-8033  
\$3,086,661.01

Ogallala South  
Bit  
Simon Contractors & Subsidiaries  
Morrell, Richard (308)535-8033  
\$1,517,350.69

State Farm Rd. North, North Platte  
Gr, ConPav, Culv, Br, Elec  
Cement Products, Inc.  
Morrell, Richard (308)535-8033  
\$3,576,209.38

Ogallala EB & WB Rest Area Rehab.  
Rest Area Rehab  
Paulsen, Inc.  
Thomsen, Toby (308)535-8033  
\$447,420.00

Thedford South  
Gr, Bit  
Werner Construction, Inc.  
Thomsen, Toby (308)535-8033  
\$4,627,371.44

Darr - Overton  
Spec  
Safety Grooving & Grinding, L.P.  
Thomsen, Toby (308)535-8033  
\$1,800,668.93

Wellfleet South  
Bit  
Western Engineering Co., Inc.  
Sawyer, Harlan (308)535-8033  
\$1,316,727.84

Cozad Interchange  
Gr, MSE, ConPav, Br, Gdrl, Elec  
Paulsen, Inc.  
Brinker, Gary (308)535-8033  
\$4,595,440.50

Monroe St. to I-80, Cozad  
Gr, ConPav, Culv  
Paulsen, Inc.  
Brinker, Gary (308)535-8033  
\$486,731.45

Cozad South  
Gr, Seed, Gdrl, Bit  
Paulsen, Inc.  
Brinker, Gary (308)535-8033  
\$386,734.99

District 6 - Districtwide  
Spec  
Garcia-Chicoine Enterprises, Inc.  
Lewandowski, Daniel (308)535-8031  
\$389,031.50

Broken Bow East  
Seed, Gdrl, Bit  
Paulsen, Inc.  
Lewandowski, Daniel (308)535-8031  
\$4,595,759.73

## District 7

Huntley Spur  
Gr, Gdrl, Bit  
Paulsen, Inc.  
Kuhn, Kenton (308)995-5397  
\$1,486,484.92

Colorado Line - Haigler  
Bit  
Simon Contractors & Subsidiaries  
Collins, Duane (308)345-8490  
\$2,921,933.56

Jct. N-89 North  
Bit  
Werner Construction Co.  
Ziebell, Roger (308)345-8490  
\$2,733,527.11

Holdrege Maint. Facility  
Bldgs. 71406, 71407, 71408  
Maintenance Facilities  
Paulsen, Inc.  
Dietz, Mark (308)995-5397  
\$2,705,000.00

District 7 - Districtwide  
Group 8 Specialty  
Vogel Traffic Services, Inc.  
Dietz, Mark (308)995-5397  
\$567,782.70

Stratton - Jct. R44B  
Gr, Seed, Gdrl, Bit  
Simon Contractors & Subsidiaries  
Doyle, Kelly (308)345-8490  
\$3,628,044.61

## District 8

Burwell East  
Bit  
Paulsen, Inc.  
Colfack, Gene (402)336-2051  
\$1,789,007.01

O'Neill Maintenance Facility  
Maintenance Facility  
DWB, Inc.  
Colfack, Gene (402)336-2051  
\$1,030,718.00

Niobrara River Bridge  
Br  
Herbst Construction, Inc.  
Colfack, Gene (402)336-2051  
\$64,800.00

Elkhorn River & Dry Creek  
Bridges Southeast of O'Neill  
Br  
The Diamond Engineering Co.  
Colfack, Gene (402)336-2051  
\$224,191.79

Johnstown - Ainsworth  
Bit  
Werner Construction, Inc.  
Rau, Larry (402)387-2471  
\$3,352,016.64

Merriman South Bridge  
Gr, Culv, Seed, Br, Gdrl, Bit  
Perrett Construction, Ltd.  
Gustafson, Jay (402)376-1352  
\$4,898,412.25

District 8 - Districtwide  
Spec  
Vogel Traffic Services, Inc.  
Gustafson, Jay (402)376-1352  
\$720,419.41

In O'Neill  
Gr, ConPav, Elec  
Castle Construction, Inc.  
Ziska, Dan (402)336-2051  
\$2,099,919.62

Chambers Jct. North  
Gr, Culv, Br, Gdrl, Elec, Bit  
Knife River Midwest, Llc  
Ziska, Dan (402)336-2051  
\$6,898,555.05

Districtwide, D-3 & D-8  
Spec  
Garcia-Chicoine Enterprises, Inc.  
Adkisson, Jason (402)387-2471  
\$275,711.14

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Nebraska  
Department of Roads



[www.transportation.nebraska.gov](http://www.transportation.nebraska.gov)



By Steve Duecker

Highway Environmental Biologist  
Planning & Project Development



## “Skunked”

After my dog’s recent close encounter of the smelly kind with a skunk, a closer look at our black and white friend is in order. There are two species of skunks in Nebraska: the Spotted Skunk and the Striped Skunk. Skunks belong to the weasel family.

The Spotted Skunk is small (around 16 inches) and, as the name suggests, has white spots on a black background. These skunks are rarely seen; I have not encountered one for many years. They are sometimes called a “civet cat” but they are neither a civet nor a cat. When approached they will do a “handstand” on the front legs and then eject the spray at a predator.

The Striped Skunk is much larger, sometimes over 30 inches in length. It has white stripes on a black body. These skunks are extremely common and have a three-chemical spray, whereas the Spotted Skunk only has two chemicals in its spray. The spray is ejected in two streams from anal glands and spreads out to around 15 feet. A direct hit from this spray will affect vision and cause nausea, not to mention the smell.

Now back to the smelly dog. Since this is not the first time this has happened, I had a bottle of Skunk-Off on hand. This is a commercial product that really works. Unfortunately, someone has to hold the dog and apply it. This person (me) will also need an application of Skunk-Off, and this product can also be used on laundry. There are some homemade solutions, but they involve using hydrogen peroxide or bleach. This will change your dog’s coat color or your hair (not a real problem for me). Many years ago I used tomato juice; it does work but is not as effective as Skunk-Off.

Since skunks are mainly active at night, any skunk seen in the open during the day should be avoided. They can carry rabies and being out in the day indicates they are not well. It is stated that a skunk cannot spray if you hold its tail down. That may be true getting close enough to a skunk to hold the tail would be the hard part.

Skunks are actually beneficial in that they eat a lot of insects and rodents. They will also feed on plant material and carrion. During the winter, when the weather is harsh, they are inactive in a burrow or den. When it warms up they come out and forage. One of the main predators of skunks is the Great-horned Owl. Since they have no sense of smell and a special membrane to protect their eyes, the spray does not deter them.



## Keeping Up With Stimulus Projects?

For current information on State of Nebraska Department of Roads and the “American Recovery and Reinvestment Act” (ARRA), check your NDOR website. There is a one-quick-click in the center at the top of the front page. That link takes you to current reporting items and information from the NDOR.

For *state government-wide* ARRA information, check out [Recovery.Nebraska.gov](http://Recovery.Nebraska.gov).

## Picked from the Press

### North Platte Telegraph

Published March 25, 2009

#### Terrific guys who went the extra mile

*“Gratitude” and “Thankful” are two words greatly overused, especially by politicians, but they convey exactly what my wife and I feel for several employees who work for the Nebraska Department of Roads.*

*On March 11th, my wife and I were returning home, going north on Highway 83. We had bought a good deal of insulation for our home. Just south of the North Platte River Bridge, (north of Cody Park), one of the bundles came loose and fell off of our pickup. We didn’t see it happen.*

*“The Crew” were working west of the road. They (Rick Springer, Craig Bristol and Derek Bodeman) saw it and rescued it. Steve Stroud took it to the shop on Buffalo Bill.*

*A neighbor told us where we had lost the bundle and we immediately drove back to retrieve it. We saw it was gone and turned around at Cody Park to go home. At this point, Rick Springer came across the highway and flagged us down. He told us what had happened and called Steve. We were able to pick up the bundle at the shop.*

*My wife and I are both senior citizens and watch our spending closely. These bundles are very expensive.*

*These terrific guys went the extra mile and we are grateful. Kudos to you fellows. You restore our faith in the generosity, responsibility and willingness to get “involved” of Nebraskans.*

*Woody and Bev Ulfers  
North Platte, Nebraska*



# All in the Family

## Service Awards

Congratulations to these dedicated individuals for their work and continued service with the Department of Roads. They celebrate their service dates in *April and May*.

### 40 Years

James James, District 1  
Sharron Magnuson, Construction  
Wayne Wiseman, District 8

### 30 Years

Brian Carnahan, District 5  
Dennis Clabaugh, District 4  
Hal Debuhr, District 1  
Don Haldeman, District 1  
Keith Koertje, District 3  
Barbara Sailors, Roadway Design

### 20 Years

Charles Bucholz, District 2  
John Ebito, Materials & Research  
Kelley Green, Bridge  
Lori Larson, Bridge  
Anne Maher-Moore, District 2  
Donald McAndrew, District 2  
Vern McNare, District 8  
James Miller, Materials & Research  
Ernest Murillo, District 1  
Rick Reiners, District 7  
Larry Young, District 6

### 10 Years

Eric Franzen, District 4  
Denzel Jardine, District 4  
Jason Jensen, District 4  
Robert Kissinger, District 4  
Bruce Olson, District 1  
Patrick Schafer, Local Projects  
Debra Swanson, Materials & Research  
Bruce Yauney, District 6



Information for "All in the Family" should be sent to the Communication Division. Appropriate information will be included in future Roadrunners.

**Please note:** Birth announcements will be published as long as written permission is received by the Communication Division. This is necessary, as NDOR is required to adhere to privacy laws under the Health Insurance Portability and Accountability Act (HIPAA).

## Condolences

Condolences to Deb Thompson and family on the loss of her former husband and their father. Deb is an Office Clerk III in Highway Safety, Traffic Engineering Division.

Condolences to Jodey Hillis on the death of her mother. Jody is an Office Clerk III in Communication.

Condolences to family, friends and former co-workers of James R. Jensen, who passed away February 19. James retired from NDOR in 1995, after 41 years of service, with the last 29 in Bridgeport as the District 5 Engineer for the western part of Nebraska.

Linda Grabowski, Staff Assistant at District 7 in McCook, passed away March 15. Condolences to family, friends and co-workers.

## Weddings

Congratulations to Jon and Bobbie Harring who were married on February 14. Jon is an IT Infrastructure Support Analyst in Bridge.

## Births

Congratulations to Pat and Tony Cruz on the birth of their first grandson, Michael Rey, born February 7. Pat is the IT Help Desk Supervisor in BTSD.

Congratulations to Keil and Susan Wilson on the birth of their son, Blake William, born February 23. Keil is a Contract Worker for BTSD.

Congratulations to Kim and Bruce Colgrove on the birth of their first grandson, Kian Donavon, born February 9. Kim is an Office Clerk III in Highway Safety, Traffic Engineering Division.

Jason and Kristie Teel are proud parents of Bentlee Rose born March 4. Jason is a Construction Tech II at District 2 in Omaha.

George and Mary Howard are the proud grandparents of a grandson, Sammuell Martin, born January 27. George is an Agent II in Right-of-Way.

Congratulations to Brian and Michelle Bernadt on the birth of their first grandchild, William Brian, born February 13. Brian is a Construction Tech III at District 1 in Tecumseh.

Stephanie and Roger Kessler welcome two grandsons, Koby Pirnie, Jr., born March 11, and Logan James born March 25. Stephanie is an Office Clerk III in Highway Safety, Traffic Engineering Division.

Jack and Nancy Clyde are proud grandparents of a grandson, Kaleb Paul, born February 26. Jack is a Hwy. Maintenance Worker Sr. at District 8 in O'Neill.

## This 'n That

Right-of-Way welcomes back the following people from having surgery: Dave Holland, Appraiser Review Supervisor; Mark Lorenz, Appraiser III; and Diane Sellers, Hwy. ROW Agent II.

Joel Walker has been certified by the International Right-of-Way Association (IRWA) to teach the Principles of Real Estate Appraisal course. These courses are also used for continuing education and certification by the Nebraska Real Property Appraisal Board. Joel is a ROW Appraiser III.

Right-of-Way congratulates the following persons who recently received Professional Certifications, which are required by law, through the Nebraska Real Property Appraiser Board. Sheri Dougherty, received the Certified Residential Credential. Tim Mullin, Greg Heinzmann and Mark Beethe received the Certified General Credential.

Anne Christensen, Mark Lorenz and Joy Robison have recently earned the SR/WA Designation of the International Right-of-Way Association which reflects their commitment to professional growth and development in the Right-of-Way field.

Right-of-Way welcomes two new employees, Ryan Omel, Appraiser II, and Jamie Hawkins, ROW Designer I.

Dillon Byre, son of Dale and Ra'Londa Byre, a Wolf Scout in Pack 20, placed by time trials in the Cub Scout Pinewood Derby Regionals, and is advancing to the State Finals. Dale is Hwy. Quality Assurance Manager in Materials & Research.

RoadToasters celebrated their 40th anniversary at the March 11th meeting, attended by past and present members and honored guests. The communication and public speaking training club is sponsored by NDOR and affiliated with Toastmasters International. Meetings are the second and fourth Wednesdays of each month, from 12:00 to 1:00 p.m., in the Highway Commission Room at Central Headquarters.

Tony Hipke, son of Jill and Earl Hipke, was a State Wrestling qualifier for O'Neill Eagles. Tony is a junior at the O'Neill Public School. Jill is the Staff Assistant at District 8 in O'Neill.

Sherry Jarvis recently published a book, "Win Your Horse's Heart (Be a Better Horseman)," a must-read for those who love horses. The book tells stories of life lessons which horses can teach us, and is about building relationships with trust, respect and love. Sherry is the wife of Keith Jarvis, Hwy. Maintenance Worker at District 8 in Burwell.

# NDOR Events Calendar

## — April —

- 3 Bd. Examiners for Co. Hwy. & City Street Supts.**  
Meeting 8:45 a.m., Hwy. Commission Meeting Rm.  
Examination 9:00 a.m. – 4:00 p.m. NDOR Auditorium  
Contact LeMoyne Schulz @ 479-4436
- 6-10 National Work Zone Awareness Week**
- 7 New Employee Orientation Program**  
Rm. 152, 5001 S. 14th (the "Hill")  
Contact DeWayne Morrow @ 476-3678
- 8 RoadToasters**  
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.  
Contact Linda Wilson @ 479-3887
- 16 Letting**  
1:30 p.m., NDOR Auditorium  
Contact Liz Wunderlich @ 479-4528
- 17 Bd. Public Roads Class & Stds.**  
9:00 a.m., NDOR Auditorium  
Contact LeMoyne Schulz @ 479-4436
- 17 Hwy. Commission Meeting**  
10:00 a.m., Hwy. Commission Meeting Rm.  
Contact Shirley Schafer @ 479-4530
- 18-25 Great Nebraska Trash-Off**  
[www.transportation.nebraska.gov/operations/maintenance/adopt.htm#trashoff](http://www.transportation.nebraska.gov/operations/maintenance/adopt.htm#trashoff)
- 4/20 - 5/15 Open Enrollment**  
Contact Diane Holthus @ 479-4580
- 22 Earth Day**
- 22 Safe Routes Nebraska's Spring Walk to School Day**  
[www.saferoutesne.com](http://www.saferoutesne.com)
- 22 RoadToasters**  
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.  
Contact Linda Wilson @ 479-3887
- 24 State Holiday – Arbor Day**

## — May —

- Motorcycle Safety Awareness Month**
- 1 Bd. Examiners for Co. Hwy. & City Street Supts.**  
10:00 a.m., NDOR Hwy. Commission Meeting Rm.  
Contact LeMoyne Schulz @ 479-4436
- 5-7 NDOR Operations & Maintenance Conference**  
Ramada Inn, Kearney
- 6 New Employee Orientation Program**  
Rm. 152, 5001 S. 14th (the "Hill")  
Contact DeWayne Morrow @ 476-3678
- 7 Blood Drive – Community Blood Bank**  
NDOR Central Headquarters  
Contact Diane Holthus @ 479-4580
- 10-16 National Transportation Week**  
[www.ntweek.org](http://www.ntweek.org)

- 11-15 National Bike-to-Work Week**  
[www.bikeleague.org](http://www.bikeleague.org)
- 13 RoadToasters**  
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.  
Contact Linda Wilson @ 479-3887
- 15 Hwy. Commission Meeting**  
10:00 a.m., Hwy. Commission Meeting Rm.  
Contact Shirley Schafer @ 479-4530
- 15 Bd. Public Roads Class & Stds.**  
9:00 a.m., NDOR Auditorium  
Contact LeMoyne Schulz @ 479-4436
- 4/20 - 5/15 Open Enrollment**  
Contact Diane Holthus @ 479-4580
- 18-31 National "Click It or Ticket" Mobilization**
- 21 Letting**  
1:30 p.m., NDOR Auditorium  
Contact Liz Wunderlich @ 479-4528
- 25 State Holiday – Memorial Day**
- 27 RoadToasters**  
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.  
Contact Linda Wilson @ 479-3887
- 5/30 - 6/7 Nebraska Wildflower Week**  
[www.transportation.nebraska.gov/docs/flowers/](http://www.transportation.nebraska.gov/docs/flowers/)  
<http://arboretum.unl.edu/wildflower/>

## — June —

- National Safety Month**
- 6 National Trails Day**  
[www.americanhiking.org/NTD.aspx](http://www.americanhiking.org/NTD.aspx)
- 2 New Employee Orientation Program**  
Rm. 152, 5001 S. 14th (the "Hill")  
Contact DeWayne Morrow @ 476-3678
- 10 RoadToasters**  
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.  
Contact Linda Wilson @ 479-3887
- 19 Bd. Public Roads Class & Stds.**  
9:00 a.m., NDOR Auditorium  
Contact LeMoyne Schulz @ 479-4436
- 24 RoadToasters**  
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.  
Contact Linda Wilson @ 479-3887
- 25 Letting**  
1:30 p.m., NDOR Auditorium  
Contact Liz Wunderlich @ 479-4528
- 25-26 Hwy. Commission Meeting**  
Outstate Meeting – District 1, Nebraska City  
Contact Shirley Schafer @ 479-4530

If you would like a key event included on upcoming calendars, call the Communication Office 479-4512 or e-mail [linda.wilson@nebraska.gov](mailto:linda.wilson@nebraska.gov). Information for the June/July Roadrunner should be received by May 15.

## Correspondents Keep Pulse on News

Twenty-six individuals perform the role of tracking newsworthy activities of over 2,200 NDOR employees. They gather news for the *Roadrunner's All in the Family* section, including births, deaths, weddings, and graduations along with other newsworthy items. Please support your correspondents in their efforts to provide timely, accurate information.

Bridge .....	Lori Larson
Business Tech Support.....	Trish Sanchez
Communication .....	Linda Wilson
Construction.....	Agnes Masek
Controller .....	Brenda Hain
Local Projects.....	Verneda Kelly
Human Resources .....	Diane Holthus
Legal .....	Twila Avey
Materials & Research .....	Barb Traudt
Operations .....	Liz Salisbury
Planning & Project Development.....	Sandra Knippelmeyer
	Linda Langdale
Program Management.....	June Rost

Rail & Pubic Transportation.....	Charlie Bowlby
Right-of-Way.....	Jan Berryman
Roadway Design.....	Barb Engel
Traffic Engineering .....	Bobbi Olson
Hwy. Safety Section.....	Ardelle Boardman
District 1 .....	Linda Piening
District 2 .....	Connie Diblasi
District 3 .....	Judy Schoenfeldt
District 4 .....	Esther Shepherd
District 5.....	Cindy Vergil
District 6 .....	Carrie Klock
District 7 .....	Jan Collins
District 8 .....	Erin Allen



# A Simple Way to Stay Healthy



By Carol Marshall, RN

Hand washing is the single most important means of preventing the spread of infectious disease. Ninety-two percent of people report performing hand washing after restroom use. However, recent observational studies have shown

that 88 percent of women and 66 percent of men actually washed their hands after public restroom use, and no one knows how compliant people are in the privacy of their own homes.

Over 8,000 people die each year from food poisoning that could have been prevented through hand washing techniques. This does not take into account the number of people that become ill from food poisoning and survive. As you can see, adopting the simple habit of frequent hand washing can play a major role in protecting your health and the health of others.

To limit the spread of viruses and bacteria you should always wash your hands:

- After using the toilet
- Before and after preparing or eating food
- After blowing your nose
- After coughing or sneezing into your hands
- Before and after touching a sick person
- After handling garbage
- Before and after treating wounds or cuts

There's probably more to good hand washing than you think, so take the time to do it right. Anti-bacterial soap has become increasingly popular, but it is no more effective at killing germs than regular soap. Lather your hands with soap for 15 to 20 seconds. Wash the front and back of your hands, between the fingers and under your nails. Rinse your hands well under warm water and dry them completely with a clean towel.

Alcohol-based hand sanitizers are an excellent alternative to hand washing, particularly when soap and water are not available. They're actually more effective than soap and water in killing bacteria and viruses that cause disease. Commercially prepared hand sanitizers contain ingredients that help prevent dryness. Using these products can result in less skin dryness and irritation than hand washing. However, not all hand sanitizers are created equal. Some hand sanitizers don't contain alcohol. The Centers for Disease Control recommends choosing products that contain at least 60 percent alcohol.

To correctly use a hand sanitizer, apply about  $\frac{1}{2}$  teaspoon of the product to the palm of your hand. Rub your hands together, covering all surfaces of your hands, until they are dry. If your hands are visibly dirty, wash with soap and water, if available, rather than using a hand sanitizer.

Hand washing doesn't take much time or effort, but it offers great rewards in terms of preventing illness. Adopting this habit in your home, at work and in public is a simple way to stay healthy.

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Communication Division  
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